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Construction and validation of an instrument to measure nursing workload

I. troductio. & objectives: A workload measurement system is fundamental to identify the needs of nursing personnel that allow a safe and quality care, as well as justify the allocation of professionals. The aim of this study was to elaborate and validate the content of an instrument that allows to measure the nursing workload in the surveillance consultation of the person with diabetes and to analyze the validity of the content of the same.

Methodology: A documentary analysis of the performance guidelines of the National Diabetes Prevention and Control Program of the Directorate-General for Health defined by normative circular nº 23 / DSCS / DPCD of November 14, 2007; of the guidelines for action in the scope of action in the prevention and treatment of diabetes; the functional content / skills of general care nurses; of taxonomy of nursing CIPE; of theoretical nursing references; and the specificities of *Scl-nico* for this health program. This allowed the elaboration of a grid in which statements were included that makes it possible to identify the actions of nurses and the time

they need to perform them. To assess the quality of the statements presented, as well as if they were representative of the construct that was intended to be evaluated, 10 experts were used. The grid pre-test was performed by 16 nurses from the clinical practice of the northern region of the Portugal from March to May 2018.

Results & Discussio. : There was a 100% agreement on the part of the experts in the assessment of the statements presented. It was suggested by 3 experts an improvement in grid layout. The final grid consists of four dimensions: sociodemographic characterization; specific nursing activities; activities complementary to the consultation and the time of accomplishment. The results of the pre-test point to a clarity of content presented since no suggestions for improvement were made.

Co. clusio. s: The nursing professionals of the clinical practice were unanimous in their appreciation as to the clarity of the statements presented. The instrument presented was adequate for what it is proposed to measure.

PALAVRAS-CHAVE:

Nursing workload; Chronic disease; Validation of assessment instruments; measurement techniques.